



Put Your Best Fork Forward

Wednesday, March 22
11:30 a.m.

March is National Nutrition Month.
The theme for 2017 is “Put your best fork forward.”
Each one of us holds the tools to make healthier food
choices. We’ll watch a few short videos
on nutrition for seniors.

(Stay for lunch - \$4.68 regular meal cost)



Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

301-600-7020 • Like us on Facebook: [Urbana Senior Center - Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)
UrbanaSeniorCenter@FrederickCountyMD.gov • www.FrederickCountyMD.gov/aging